Robert Beers
1/30/2011
Health

Work out sheet

Monday- push-ups 3 sets of 20
Sit-ups 2 sets of 10
Crunches 3 sets of 10

Tuesday-Rest

Wednesday- push-ups 3 sets of 20
Sit-ups 3sets of 10
Crunches 3 sets of 10

Thursday- Walk for 10 minutes
Jog for 5 minutes
Walk for 10 minutes

Friday- push-ups 3 sets of 20
Sit-ups 2 sets of 10
Crunches 3 sets of 10

Saturday- Walk for 10 minutes
Jog for 5 minutes
Walk for 10 minutes

Sunday- Rest